

## **Instructions for Care After a Cone Biopsy**

This sheet will tell you how to take care of yourself after a cone biopsy. If you have any questions be sure to ask your doctor or nurse.

### **Drainage**

You will have a small to moderate amount of vaginal bleeding for a few days after the biopsy. This is normal. Call your doctor if there is a lot of bleeding – more than a heavy period or a few clots that are larger than a quarter.

Sometimes a special sponge-like material is placed on the cervix after the biopsy to help clotting. After a few days this breaks apart and falls out. It may look black or dark red. Do not be alarmed. You can flush it down the toilet.

### **Activities**

***Rest for the first 24 hours after the biopsy.*** You may gradually return to your normal activities, as you feel able to do so. If your bleeding increases after you add an activity, slow down.

Do not put anything into your vagina for two weeks. This means:

- No douching
- No tampons, use pads instead
- No sexual intercourse until after your follow-up exam

Do not soak in a bathtub until two weeks after your biopsy. You can shower during these two weeks.

Do not lift anything weighing 25 pounds or more for about two weeks.

Ask your doctor when you can return to more strenuous exercise such as marathon running, racquetball, and very competitive sports.

### **Discomfort**

Most people feel little or no discomfort. You may have stomach cramps or a low backache. Taking acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) may help.

**Signs of Infection**

If you have:

- A temperature higher than 100.4°
- A lot of bleeding that starts a few days after your biopsy
- Severe pain

call the Women Veterans Comprehensive Health Care Center at (612) 725-2030, Monday through Friday between 8:00 a.m. and 4:00 p.m. At any other time, call Urgent Care at (612) 467-2771. Do not hesitate to call if you have any questions or problems.

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